

**ABSTRACT OF THE DISCLOSURE**

In the method of estimating a signal-to-interference+noise ratio (SINR), an initial SINR estimate is generated based on a mean of a plurality of samples and a sample variance estimate of the plurality of samples. Then, the initial SINR estimate is scaled  
5 and translated. Furthermore, SINR estimates based on pilot symbols and data symbols, respectively, are combined to form a composite estimate.